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InStyle

INSTYLE'S RULES...

HOT AUTUMN TRENDS

ALL YOU
NEED TO
KNOW!

**FREIDA
PINTO**

ON FASHION
FILM & LONG
DISTANCE
LOVE

213
CLEVER
BUYS
UNDER
£100

AT
HOME
WITH
**PARIS
HILTON**

The new glamour

How to do...
FAB 40s
LUXE COLOUR
BOYISH CHIC
LADY GOTH

**OUR SECRET
STYLE CHEATS**
STEAL THEM ALL!



SPA WORLD

Whether you want to be pampered close to home or on the other side of the globe, we've found the most drop-dead gorgeous and stylish spas for a totally relaxing getaway



Coworth Park, Ascot



The pool with underwater sound system

We also love

Garden Spa at Barnsley House, Cirencester (barnsleyhouse.com). One of our favourite country retreats, with amazing Aromatherapy Associates treatments.

Espa Life at The Corinthia Hotel, London SW1 (corinthia.com). A new level of wellness awaits in this super-luxe hotel.

Le Spa My Blend by Clarins at Le Royal Monceau, Paris (leroyalmonceau.com). Its bespoke facials will leave your skin glowing.

Under 2 hours away

Coworth Park, Ascot, Berkshire

The lowdown Nestled in the leafy lanes of Royal Berkshire, near Ascot, the newly opened, mega-luxe Coworth Park is the perfect city antidote. The "reinvented" country-house hotel may have the shell of a Georgian mansion, but the interior is a design lover's dream, including features such as a life-size bronze tree and smashed Spode-china fireplaces. Each of the bedrooms has been individually designed with bespoke furniture. The 240-acre estate boasts two polo fields (which have been graced by Wills and Harry). **On the spa menu** Treatments range from Dr Alkaitis Organic Skin Food facials to body treats from Aromatherapy Associates and Carol Joy London anti-ageing facials. The six treatment rooms and two double suites are all large and flooded with natural light.

What I had A Kerstin Florian Sublime Prescription Facial (£95 for 65 minutes) and the Lavender Field of Dreams (£120 for 80 minutes) – a warm-stone and scalp massage. Afterwards, unwilling to re-enter the real world, I spent hours cocooned in the fab relaxation room.

The highlight Michelin-star chef John Campbell's food. **Camilla Kay Rooms at Coworth Park** (01344 876 600; coworthpark.com) start at £235 per night, including b&b.

2-3 hours away

Lefay Spa, Lake Garda, Italy

The lowdown Tucked high up on a hillside overlooking Lake Garda, this picturesque, eco-sustainable resort is the perfect place to recharge in peace. The modern, spacious rooms come with huge balconies or garden patios. For the best view, visit the outdoor infinity pool – also perfect for burning off those extra calories you will have clocked up at the mozzarella and Parma ham buffet.

On the spa menu Everything your stressed-out self could ask for: from balancing programmes to acupuncture, flotation therapies and pampering massages and facials. Plus a wide variety of pools, hot tubs, grottos and saunas to sweat out any remaining toxins.

What I had With my seven-month bump, I chose the Body Prenatal Treatment (€80, about £70, for 50 minutes) and the Lefay Method Facial (€110, about £100, for 75 minutes). I left with plump cheeks and eight hours of much-longed-for sleep.

The highlight All those pools and that amazing buffet. **Lisa Durant Wellbeing Escapes** (0845 602 6202; wellbeingescapes.co.uk) offers four nights at Lefay Resort & Spa, half-board, including flights, from £919 per person, based on two people sharing.



Lefay Spa's indoor pool

We also love

Espa at Victoria-Jungfrau Grand Hotel & Spa, Interlaken, Switzerland (victoria-jungfrau.ch). Incorporates a top-of-the-range Japanese Sensai Select Spa, which is the first to open worldwide.

Barceló Asia Gardens Hotel & Thai Spa, Alicante (barcelo.com). A fabulous resort in the hills above the Costa Blanca, with unusual Asian architecture and an authentic Thai spa menu.



Lefay Spa's infinity pool, overlooking Lake Garda